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## State of Wisconsin

### Department of Health and Family Services

#### **Recommendations for Travelers to Areas Affected by Avian Influenza (A/H5N1)**

The Wisconsin Division of Public Health is in communication with the Centers for Disease Control and Prevention (CDC) to closely monitor the avian influenza (bird flu) outbreak in Southeast Asia. Currently no human or animal cases of the type A (H5N1) avian influenza virus have been identified in the United States.

CDC has not recommended that the general public avoid travel to any of the countries currently or recently affected by the H5N1 avian influenza virus. These countries include: North Korea, South Korea, Japan, Taiwan, Hong Kong, Cambodia, China, Indonesia, Malaysia, Thailand, Vietnam, Russia, Kazakhstan, Turkey, Romania and Mongolia.

Avian influenza A (H5N1) is a viral infection that usually affects wild birds but can infect and cause serious disease among poultry, such as chickens. While it is unusual for humans to get influenza virus infections directly from poultry or wild birds, a number of human infections caused by the type A (H5N1) avian influenza have recently been documented.

To reduce the risk of infection to the avian influenza virus, travelers to these areas should observe the following measures:

#### **Before you leave**

- Educate yourself and others who may be traveling with you about avian influenza A (H5N1). See this website for more information: <http://www.cdc.gov/flu/avian/index.htm>.
- Be sure you are up to date with all your shots, at least 4–6 weeks before travel
- If available, receive typical influenza vaccine at least 2 weeks before travel.
- Assemble a travel health kit containing basic first aid and medical supplies. Be sure to include a thermometer and alcohol-based hand gel for hand hygiene.

#### **During Travel**

- Avoid places such as poultry farms and bird markets where live poultry are present.
- Avoid eating uncooked poultry. Poultry should be cooked to an internal temperature of 165 degrees to avoid illness.
- Cleaning your hands often, using soap and water or waterless alcohol-based hand rubs, removes potentially infectious materials from your skin and helps prevent disease transmission.

#### **After you return:**

- You do not need to restrict your normal daily activities if you do not become ill.
- Avoid unnecessary contact with poultry and swine for 10 days after you return.

- Monitor your health for 10 days after you return. If you become ill with a fever (100 degrees or higher), accompanied by difficulty breathing, cough, or a sore throat, stay in your home and contact a healthcare provider.
- ***Before you visit a healthcare setting, speak with your healthcare provider about your symptoms and recent travel so that he or she can be aware you have traveled to an area reporting avian influenza***
  - You will be tested for avian influenza.
  - You will be asked to remain at home and limit contact with others until your test results are known (usually within 24 hours).
  - You may be contacted by a public health agency regarding person that you had close contact with while you were ill. These contacts will be monitored and if they become ill be tested for avian influenza.

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